

Attachment 2 Cycle Menu C

Refer to the Child Care Food Program Meal Pattern for Children when planning portion sizes for age groups specified in this contract.

Milk must be served with every breakfast, lunch and supper meal. Milk must be served with snack when indicated. Between a child's first and second birthday, whole milk is strongly recommended. After age 2, it is required that lowfat (1%) or fat free milk be served.

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Pears Bran Flakes Cereal Cinnamon Toast (whole wheat bread) Milk	Grape Juice Ham and Cheese Biscuit Milk	Fresh Orange Wedges Cheerios Cereal Milk	Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon) Whole Wheat English Muffin Butter/margarine Milk	Cinnamon Apples French Toast Milk
Lunch/Supper	Ham Whole Wheat Roll Butter/margarine Mixed Vegetables Black Eyed Peas Applesauce Milk	Sloppy Joe on Whole Grain Bun Baked Sweet Potato Fries Tropical Mixed Fruit Milk	Oven Fried Chicken Bread Slice Mashed Potatoes Steamed Zucchini Pears Milk	*Breaded Fish Ketchup Whole Wheat Roll Peas & Carrots Fruit Cocktail Milk	*Salisbury Steak With Gravy Brown Rice Spinach Salad (Spinach, Tomato, Cucumber) Lowfat French Dressing Green Beans Fruit Salad Milk
Snack	Animal Crackers Pineapple	Peaches Yogurt Flavored 4 oz cup	Assorted Whole Grain Crackers Cucumber/Carrot/Celery Sticks Lowfat Ranch Dressing	Whole Grain Peanut Butter Crackers Banana Milk	Oatmeal Cookie Milk

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Effective FFY 2014-2015

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Cycle Menu C (Continued)

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Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Pineapple Tidbits Kix Cereal Whole Grain English Muffin Butter/margarine & jelly Milk	Mandarin Oranges Pancakes Syrup Sausage Milk	Orange Juice Whole Wheat Toast Butter/margarine & jelly Scrambled Eggs Milk	Banana Honey Nut Scooters Cereal Milk	Cantaloupe Cubes Whole Wheat Bagel Peanut Butter & Jelly Milk
Lunch/ Supper	Macaroni & Cheese 1 serv. = 1 ½ oz. mt/mt alt. and 1 brd. for 1-5 yr. olds; 2 oz. mt./mt. alt. and 1 brd. for 6-12 yr. olds. Broccoli Black Eyed Peas Pears Milk	*Chicken Nuggets Barbecue Sauce Whole Grain Roll Mashed Sweet Potatoes Lima Beans Applesauce Milk	*Beef Ravioli Italian Bread Spinach Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon) Milk	Chicken & Rice 1 serv. = 1 ½ oz. mt/mt alt. and 1 brd. for 1-5 yr. olds and 2 oz. mt/mt alt. and 1 brd. for 6-12 yr. olds. Whole Grain Roll Butter/margarine Carrots Peaches Milk	Ham & Cheese Sandwich (Whole wheat bread) (At a minimum, 1 sand. = 1 ½ oz. mt/mt alt. and 1 brd. for 1-5 yr. olds; 2 oz. mt/mt alt. and 1 brd for 6-12 yr. olds) Mustard, Lowfat Mayo and Ketchup Lettuce, Tomato, Pickle Mixed Vegetables Tropical Mixed Fruit Milk
Snack	Granola Bar Milk	Celery Sticks Peanut Butter Plain Graham Crackers	Assorted Whole Grain Crackers Cheese Slice	Whole Grain Blueberry Muffin Milk	Cheese Crackers Apple Wedges

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Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Peaches Blueberry Muffin Milk	Pineapple Tidbits Life Cereal Milk	Applesauce French Toast (whole wheat bread) Milk	Apple Juice Whole Grain English Muffin <i>Peanut Butter & Jelly</i> Milk	Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon) Sausage Biscuit Milk
Lunch/ Supper	*Breaded Pork Patty <i>Gravy</i> Whole Grain Roll <i>Butter/margarine</i> Mashed Sweet Potatoes Broccoli Mandarin Oranges Milk	*Veggie Burger Whole Wheat Bun <i>Mustard, Lowfat Mayo, & Ketchup</i> Lettuce, Tomato, Pickle Tater Tots Fruit Cocktail Milk	Turkey & Cheese Sandwich (Whole grain bread) 1 sand. = 1-1/2 oz. mt/mt alt. and 1 brd. for 1-5 yr. olds; 2 oz. mt/mt alt. and 1 brd for 6-12 yr. olds <i>Lowfat Mayo, Mustard</i> Green Beans Banana Milk	Spaghetti & Meat Sauce (with Ground Turkey or Beef and whole grain noodles) 1 serv. = 1 ½ oz. mt/mt alt. and 1 brd. for 1-5 yr. olds and 2 oz. mt/mt alt. and 1 brd. for 6-12 yr. olds. Garlic Bread Tossed Salad with Chickpeas (Lettuce, Tomato, Cucumber) <i>Lowfat French Dressing</i> Pears Milk	*Fish Sticks <i>Ketchup</i> Cornbread Peas and Carrots Apple slices Milk
Snack	Whole Grain Pita Bread Cheese Slice	Animal Crackers Yogurt <i>Flavored 4 oz cup</i>	Fresh Broccoli and Cauliflower Florets <i>Lowfat Ranch Dressing</i> Whole Grain Cheese Crackers	Orange Slices Raisin Bread (1 slice; plain, no icing)	Assorted Whole Grain Crackers Milk

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Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Blended 100% Juice Multi Grain Cheerios Cereal Whole Grain Muffin Milk	Fruit Salad Cinnamon Raisin Bagel <i>Cream Cheese</i> Milk	Cinnamon Apples Whole Grain Waffle Milk	Banana Shredded Wheat Cereal Milk	Mandarin Oranges Whole Grain English Muffin <i>Butter/margarine & Jelly</i> Scrambled Eggs Milk
Lunch/ Supper	Roast Pork (sliced or pulled) Whole Wheat Roll <i>Butter/margarine</i> Green Peas Sweet Potato Tropical Mixed Fruit Milk	*Chicken Strips Whole Wheat Bread Mashed Potatoes Green Beans Pineapple Tidbits Milk	*Beef and Bean Burrito Spinach Salad (Spinach, Tomato, Cucumber) <i>Lowfat Ranch Dressing</i> Orange Wedges Milk	Tuna Salad Sandwich on Whole Wheat Bread 1 sand. = 1 ½ oz. mt/mt alt. and 1 brd. for 1-5 yr. olds; 2 oz. mt/mt alt. and 1 brd for 6-12 yr. olds Steamed Carrots Apple Wedges Milk	Hamburger Patty with Cheese Whole Wheat Bun Lettuce and Tomato <i>Mustard, Lowfat Mayo, & Ketchup</i> Baked Beans Fruit Salad Milk
Snack	Plain Graham Crackers Pears	Celery Sticks <i>Ranch Dressing</i> Whole Grain Cheese Crackers	Peaches Yogurt <i>Flavored 4 oz cup</i>	Assorted Whole Grain Crackers Cheese Slice	Peanut Butter & Jelly Sandwich (Whole wheat bread) (At a minimum, 1 sand.= 1 Tbsp. mt/mt alt. and 1 brd. for 1-5 yr. olds; 2 Tbsp. mt/mt alt. and 1 brd for 6- 12 yr. olds) Milk

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Week Five	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Mandarin Oranges English Muffin <i>Butter/margarine & Jelly</i> Milk	Pears Cheese Toast Milk	Tropical Mixed Fruit Wheat Chex Cereal Banana Muffin Milk	Cinnamon Apples Whole Grain Pancakes Sausage Milk	Orange Juice Whole Wheat Bagel <i>Cream Cheese</i> Milk
Lunch/ Supper	Turkey Roast <i>Gravy</i> Whole Grain Roll <i>Butter/margarine</i> Mashed Potatoes Mixed Vegetables Applesauce Milk	Black Eyed Peas 3/8 cup for ages 1-5; ½ cup for ages 6-12 Brown Rice Collard Greens Cornbread Pineapple Tidbits Milk	Beefaroni 1 serv. = 1 ½ oz. mt/mt alt. and 1 brd. for 1-5 yr. olds and 2 oz. mt/mt alt. and 1 brd. for 6-12 yr. olds. Peas & Carrots Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon) Milk	Chicken and Dumplings 1 serv. = 1 ½ oz. mt/mt alt. and 1 brd. for 1-5 yr. olds and 2 oz. mt/mt alt. and 1 brd. for 6-12 yr. olds. Green Beans Winter Squash (<i>acorn or butternut</i>) Fruit Cocktail Milk	*Pizza (Whole grain crust) Corn Tossed Salad (Lettuce, Tomato, Cucumber) <i>Lowfat Ranch Dressing</i> Cantaloupe Milk
Snack	Peaches Milk	Turkey Slices Whole Grain Bread (1 slice) <i>Lowfat Mayo, Mustard</i>	Cheese Slice Orange Wedges	Hard Boiled Egg (1/2 egg) Saltine Crackers	Bean Dip Soft Whole Grain Tortilla

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